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1 Introduction to evaluation and using this toolkit

The ‘Extending the Reach’ Reminiscence Programme is funded by the Arts Council England with Banbury Museum, a key partner in the Oxford Aspire Consortium. It is within this framework that the ‘Extending the Reach’ reminiscence programme has developed.

The importance of evaluation has been widely documented and reminiscence practitioners understand its importance and usefulness in developing and delivering a comprehensive and meaningful offer.

By regularly evaluating our reminiscence programme we aim:

- to understand our users or non-users better (being more user-focused) and improve the services we offer
- to identify strengths and weaknesses (and therefore where resources should be directed in future)
- to ensure that learning is shared and acted upon within the organisation
- to define the quality of what we do and demonstrate its impact (particularly when reporting back to funders)
- to anticipate problems that can be resolved early on
- to strengthen accountability and our work with partners
- to motivate staff and users

When should we evaluate?

Evaluation can be completed at any stage in a reminiscence programme depending on what data you would like to acquire.

Evaluation before setting up a new group or event is particularly useful in finding out about the area, people, their interests and the overall need for reminiscence. It also helps to set your objectives.

Later on you can evaluate the group to find out if they are enjoying it, what they enjoy most, and any comments or suggestions for improving the service. Further down the line or at the end of a project you can find out what worked, what didn’t and whether the objectives were achieved. Asking for feedback from participants, care staff and volunteers can also help to create a sense of ownership of the group and its development.

“How to use this toolkit:

This toolkit has been designed for you to pick and choose from a range of resources to help you evaluate your reminiscence work. The resources can be printed and used as they are shown or they can be modified to suit your particular needs. Please contact Banbury Museum if you prefer any of the resources as Word documents.

“Evaluation is essential. It really helps you to understand what you are doing that works and what could be improved.”

Care home staff
There are a variety of ways you can evaluate your reminiscence sessions, i.e. questionnaires, observation, focus groups. Ideally you should use more than one data collection method to make sure you get a complete picture.

Data collection from reminiscence participants (Useful Resources - Section 1)
There are many ways to find out participants’ opinions - questionnaires, post-it-note tree, feedback and informal interviews to name just a selection. Information such as postcodes and the number of participants in each session also helps to create data about your participants, for example where they are coming from and whether they are regular attendees.

Scales such as the PANAS (Positive Affect Negative Affect Scale) or VAS (Visual Analogue Scale) can also be useful to find out more qualitative data. They are simple forms that ascertain levels of happiness or wellbeing. This may give you an insight into how the reminiscence sessions change or improve people’s emotional wellbeing.

You can also be more discrete in your data collection. For example, ask participants to choose an object or image that best represents their experience of your project or a particular memory. By asking them to explain their choice, you can gain an insight into what they experienced and you can follow up by asking more structured questions about what they most and least enjoyed.

See Useful Resources - Section 1 for some practical examples.

Data collection from group volunteers (Useful Resources - Section 2)
In this case you might like to consider short questionnaires, qualitative observations and informal discussions with your volunteers on a one to one basis. Alternatively you can invite volunteers together and create a focus group where they can feedback any comments they have concerning the reminiscence programme and also their role within the programme.

See Useful Resources - Section 2 for some practical examples.

Data collection from group facilitators (Useful Resources - Section 3)
For facilitators the advice is similar to volunteers but in addition you might like to provide a debrief sheet to complete at the end of each session. This can include quantitative data, such as the number of participants, but also their observations and reflections; how they feel the session went. A quarterly report may also be useful.

See Useful Resources - Section 3 for some practical examples.
2 Data collection methods

Data collection from care home/sheltered accommodation staff (Useful Resources - Section 4)

This is again similar to previous advice but with members of staff you can create questionnaires or informal interviews with very specific questions to find out if you are achieving their objectives as well as your own. Care staff and colleagues may also be better placed to comment on participants’ levels of enjoyment and interest in a topic.

See Useful Resources - Section 4 for some practical examples.

“"The observation form really emphasised some of the lovely interactions between participants!"”
Care home staff

Data collection from family members (Useful Resources - Section 5)

This is an area of data that can prove more difficult to collect and therefore is rarely tapped into. However, collecting feedback from the family members of reminiscence participants can be very insightful. Have the participants shared their memories? Has the reminiscence session made a difference to their engagement with a topic or their interest in revisiting memories or their desire to take part again?

Usually a simple questionnaire would be most useful in this case or possibly a short telephone interview. This data collection usually relies heavily on care homes or other organisations to help contact families and collect completed questionnaires.

See Useful Resources - Section 5 for some practical examples.

Additional supporting information

In order to create a stronger more comprehensive picture of your provision keep notes of any enquiries about your reminiscence programme or event, any letters of thanks or complaints, and any specific outcomes, for example a display or leaflet. Keep a bank of photographs or film footage of your events and any media coverage. All of this helps to build a complete picture of your service and its impact.

Evaluation exchange

Does your organisation have data collection methods you would like to share? Please contact Banbury Museum - this is a ‘living’ document and we aim to add to and build on our useful resources for the benefit of reminiscence colleagues.
3 Make your evaluation count!

Data analysis does not have to be complicated. By following the guidelines below you can make the most of the data you have collected.

- Share the results and the lessons learnt at every opportunity and team meeting. Create a do’s and don’ts document together with other members of staff delivering reminiscence.

- Report back to funders and other partners with a presentation or report or simply email some images that they can use. Invite participants to share their experiences directly.

- Pick out key factors, event highlights or positive comments to use on the museum website or in other marketing, for example posters and news articles.

- Keep comparing, for example the number of participants each month or in comparison to same month last year. Use the information to decide if you need to change the marketing or address your topic choices.

- Map the postcodes - where are people coming from? Are you targeting the appropriate area? Do you need to rethink the marketing strategy?

- List the topic requests and popularity of sessions- use it to influence other groups or future plans.

- Address any negatives as soon as possible (no matter how insignificant they seem at the time).

“I’ve not asked families how the reminiscence sessions have impacted on their relationship with the participant before. That could be really interesting!”
Care home staff
4 Conclusion

When collecting and using data there are some further factors to consider:

- Make sure you abide by the data protection act to protect any personal information you want to file.

- Use consent forms (usually for photos/film) and maintain anonymity if appropriate.

- Keep participants informed about how you are going to use the information they provide. An open relationship enables people to feel they are able to comment freely and have their comments taken seriously.

- Provide a variety of ways to collect data including accessible forms e.g. larger print and electronic versions if appropriate.

Finally, good luck with your evaluation and here’s hoping your reminiscence work goes from strength to strength!

“The debrief sheet is very useful to complete and look back at to see how participants numbers have changed and which topics worked particularly well. We can use this information to influence our plans for future groups.”

Group facilitator

Members of the Kidlington Reminiscences group.
5 Where next?

Reminiscence work is always developing and changing. Please use the resource section on the Banbury Museum website to link to useful reminiscence websites, books and articles.

Members of the Kidlington Reminiscences group.
Useful Resources

**Section 1**
Data collection from reminiscence participants

**Section 2**
Data collection from reminiscence group volunteers

**Section 3**
Data collection from reminiscence group facilitators

**Section 4**
Data collection from care home/sheltered accommodation staff

**Section 5**
Data collection from family members

**Section 6**
Questions bank

**Remember...**

This toolkit has been designed for you to pick and choose resources that may help you to evaluate your reminiscence work. The resources can be printed and used as they are shown or they can be modified to suit your particular needs. Please contact Banbury Museum if you prefer any of the resources as word documents or if you have any data collection methods you feel would be appropriate to include in this toolkit.
Questionnaire for reminiscence group participants

1. How did you find out about the Reminiscence Group (please tick)?
   - [ ] word of mouth (family, friend, colleague)
   - [ ] flyer or other form of advertising
   - [ ] referral from other organisation. If so who: ............................................................................................................................................................................................................................
   - [ ] other (please specify) .......................................................................................................................... ...

2. How long have you been coming to the Reminiscence Group (please tick)?
   - [ ] first time
   - [ ] 0-3 visits
   - [ ] 4-6 visits
   - [ ] more than 6 visits

3. How do you feel you benefit from coming to the Reminiscence Group (please tick all that apply)?
   - [ ] Gives me an opportunity to get out of the house
   - [ ] Meet new people
   - [ ] Makes me feel less isolated
   - [ ] Feel healthier/ happier
   - [ ] Learn new things/ improve my knowledge
   - [ ] Enjoyment/ fun
   - [ ] Share my knowledge/ experiences
   - [ ] Increases my confidence

4. Do you feel that coming to the Reminiscence Group has improved your well-being (social, emotional, physical)?
   - [ ] Yes
   - [ ] No
   - [ ] Don’t know/Not sure

5. Have you met new people through coming to the Reminiscence Group?
   - [ ] Yes
   - [ ] No

6. Do you intend to keep in touch with the new people you have met through coming to the Reminiscence Group?
   - [ ] Yes
   - [ ] No
   - [ ] Don’t know/Not sure
   - [ ] Haven’t met any new people

7. Have you recommended the Reminiscence Group to other people?
   - [ ] Yes
   - [ ] No

8. Any further comments?
   ..........................................................................................................................................................................................
   ..........................................................................................................................................................................................
   ..........................................................................................................................................................................................
Questionnaire for reminiscence group participants

Name: ........................................................................................................................................

Address: ....................................................................................................................................

Contact telephone: .................................................. email: ......................................................

Please tick the subjects that interest you: (as many or few as you like)

☐ The High Street  ☐ School Days
☐ Grandparents  ☐ Celebrations/ weddings
☐ During the war  ☐ My first boss
☐ 40s/50s fashion  ☐ How Sundays used to be
☐ Local characters/ shops/ places  ☐ Local trades
☐ Domestic life  ☐ Changes to the local area
☐ Entertainment  ☐ Holidays
☐ Food  ☐ Make do & mend
☐ Royal days

Are there any other subjects that you would like to discuss?

..................................................................................................................................................
..................................................................................................................................................
..................................................................................................................................................

Under the Data Protection Act 1998 we will be holding your data in an electronic format. You have a right to ask for a copy of the information we hold about you and to correct any inaccuracies in your information. We charge a fee when you apply to do this. If you wish to obtain a copy of the information held you should write to ........................................................................................................................................

NB Your contact details will NOT be disclosed to any other organisation.
Evaluation for reminiscence group participants

Name: (optional)

To help us plan for the future of the reminiscence group we would be grateful if you shared your thoughts about the group so far. It’s really useful for us to know what you think.

1. How did you first hear about this reminiscence group?

2. What is the best thing about coming to the group?

3. What discussions have you most enjoyed being a part of?

4. Is there anything that would make the sessions more enjoyable for you?

5. What topics and interests would you like to discuss in the future?

6. Is there anything else you would like to say?
Evaluation for reminiscence group participants

Positive Affect Negative Affect (PANAS) scale of psychological well-being

Name: ___________________________ Date: ___________________________

Word List

Please write a number from 1 to 5 by each of the words listed on this sheet to indicate how you are feeling at the present moment. Please refer to the scale below to select the most appropriate number for each word, e.g. if you feel moderately alert then you should write ‘3’ in the box beside the word ‘alert’.

1 not at all 2 a little 3 moderately 4 quite a bit 5 extremely

☐ active ☐ afraid ☐ alert ☐ upset
☐ attentive ☐ distressed ☐ determined ☐ guilty
☐ enthusiastic ☐ hostile ☐ excited ☐ irritable
☐ inspired ☐ jittery ☐ interested ☐ nervous
☐ proud ☐ scared

Please repeat the same exercise at the end of the session to compare results.
Evaluation for reminiscence group participants

Visual Analogue Scale (VAS) – to assess wellbeing/ happiness

Name: .......................................................................................................................... Date: ................................

Please draw a line on the scale before the session to indicate how happy you are feeling at the present moment.

<table>
<thead>
<tr>
<th>Happy</th>
</tr>
</thead>
<tbody>
<tr>
<td>100</td>
</tr>
<tr>
<td>90</td>
</tr>
<tr>
<td>80</td>
</tr>
<tr>
<td>70</td>
</tr>
<tr>
<td>60</td>
</tr>
<tr>
<td>50</td>
</tr>
<tr>
<td>40</td>
</tr>
<tr>
<td>30</td>
</tr>
<tr>
<td>20</td>
</tr>
<tr>
<td>10</td>
</tr>
<tr>
<td>0</td>
</tr>
</tbody>
</table>

Unhappy

Please complete one before the reminiscence session and repeat the process afterwards to compare

Thank you
Questionnaire for reminiscence group volunteers

1. How did you become involved with the reminiscence programme?
   - [ ] Through a volunteer bureau
   - [ ] You approached the museum/organisation
   - [ ] You were first a member of the group

2. Have you done any voluntary work previously?
   - [ ] Yes
   - [ ] No
   - [ ] Don’t know/Not sure

3. Do you have a particular role within the group, e.g. putting up posters?
   - [ ] Yes
   - [ ] No
   - [ ] Don’t know/Not sure
   If yes, what is this role? ..........................................................................................................................

4. Has working on the reminiscence programme increased your awareness of the benefits of reminiscence to the overall well-being of people?
   - [ ] Yes
   - [ ] No
   - [ ] Don’t know/Not sure

5. Are you involved with any other volunteering?
   - [ ] Yes
   - [ ] No
   If yes, would you be happy to tell us where?
   ..........................................................................................................................

6. Do you feel your involvement has had a positive impact on the reminiscence programme?
   - [ ] Yes
   - [ ] No
   - [ ] Don’t know/Not sure

7. Do you feel your involvement has had a positive impact on you?
   - [ ] Yes
   - [ ] No
   - [ ] Don’t know/Not sure
**Questionnaire for reminiscence group volunteers**

8. Are there any changes you would like to make to your role?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

9. Are there any changes you would like to make to the reminiscence group or its activities?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

10. If you have any other comments please write below.

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Thank you
**DEBRIEF SHEET** - to be completed by the group facilitator/ volunteers

**Date:**

**Topic:**

**Number of participants:**

<table>
<thead>
<tr>
<th>Comments on the structure of session and the timings</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Comments on the choice of topic</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Comments on the objects/ resources</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Comments on the practical issues- room set up/ refreshments etc</th>
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<table>
<thead>
<tr>
<th>Comments on the role of the volunteers</th>
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<table>
<thead>
<tr>
<th>Suggestions/ ideas for topics to develop in the future</th>
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</table>

<table>
<thead>
<tr>
<th>Comments from participants</th>
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</table>

<table>
<thead>
<tr>
<th>Other comments</th>
</tr>
</thead>
</table>
Qualitative Observation Sheet - to be completed during the session by volunteers/observer

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes-a lot</th>
<th>Yes-some</th>
<th>No-none</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Are people handling objects/resources with interest?</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are there any particular resources that have attracted more attention?</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Have people brought their own objects/photos etc from home?</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are people interacting amongst themselves at arrival/tea time?</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Are people showing signs of actively listening to each other?</td>
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<tr>
<td>Are people having a chance to speak if they want to?</td>
<td></td>
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<tr>
<td>Are people continuing to talk about the topic at tea time/on the way out?</td>
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<tr>
<td>Were the participants engaged in the discussion?</td>
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</tr>
<tr>
<td>Are members of the group showing signs of ownership?</td>
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</tr>
<tr>
<td>E.g., taking on organisational roles/suggesting future topics/looking after newer members.</td>
<td></td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>
Example interview for Group Facilitators

I’d like to hear from you what you think about the reminiscence sessions.

◆ How did you get involved in running these sessions?

◆ What do you think people enjoy most about them?

◆ Tell me about some of the sessions that have gone really well.

◆ What have you noticed about individual people in the sessions?

◆ Tell me about any sessions that didn’t go as well as you would have wanted.

◆ Do you want to say anything about the quality of the pictures/prints/resources that you use?

◆ Are they clear and easy to see/handle?

◆ Is there anything that doesn’t work as well as you would like it to?

◆ Is there anything that would make things better than they are?

◆ What do you think people look forward to most about them?

◆ How often do groups meet?

◆ How many people usually come to the group?

Thank you for your time.
Questionnaire for care home staff

1. In your opinion, how beneficial is reminiscence work to the following areas of people’s lives?
(On a scale of 1-5 with 1 being not at all beneficial and 5 being extremely beneficial)

Interaction with other people  1  2  3  4  5
Knowledge development  1  2  3  4  5
Increased confidence in social settings  1  2  3  4  5
Opportunity to get out of the house / out of their rooms  1  2  3  4  5
Helps adults feel less isolated  1  2  3  4  5

2. Has running reminiscence events led you to work with other external partners (such as the health service, schools or heritage sites)?
☐ Yes  ☐ No  ☐ Don’t know/Not sure

3. If yes, has working with external partners had a positive impact on the reminiscence project (in terms of knowledge and resource sharing etc)?
☐ Yes  ☐ No  ☐ Don’t know/Not sure

4. Has working on reminiscence sessions led you to think differently about the services you deliver to people?
☐ Yes  ☐ No  ☐ Don’t know/Not sure

continued over
5. What do you feel are the wider benefits of reminiscence?  
(On a scale of 1-5 with 1 being not at all beneficial and 5 being extremely beneficial)

<table>
<thead>
<tr>
<th>Benefit</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Improving the quality of life</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Increasing social interaction among the local community</td>
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<tr>
<td>Improving the health and well-being</td>
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<tr>
<td>Improving care home services</td>
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<td></td>
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<tr>
<td>Collaborating better and joint working with other service providers</td>
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<tr>
<td>(e.g. health visitors, museums)</td>
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</tr>
</tbody>
</table>

6. Do you feel that introducing regular reminiscence sessions has changed your service/organisation?  
☐ Yes ☐ No ☐ Don’t know/Not sure

7. If yes, has reminiscence had an impact on the following:  
(On a scale of 0-3, where 0 = a negative impact, 1 = no impact, 2 = a small positive impact, 3 = a large positive impact)

<table>
<thead>
<tr>
<th>Impact</th>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Audiences and users of the reminiscence sessions</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Events programming</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Workforce development</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>General working practices</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Working as part of the community</td>
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</tbody>
</table>

8. If a friend asked you why people should participate in reminiscence sessions what would you say?

.......................................................................................................................... 
..........................................................................................................................

9. Please feel free to add any other comments:

..........................................................................................................................
..........................................................................................................................
Questionnaire for care home staff

Session date: .............................................  Session topic: .................................................................

1. In your opinion, was the session-
   □ Too short  □ Suitable length  □ Too long

2. Was the reminiscence session a suitable activity for your residents?
   □ Yes  □ No  □ Don’t know/Not sure

3. Was the session well managed?
   □ Yes  □ No  □ Don’t know/Not sure

4. Please circle any of the following you think were seen today during the session-
   + Interaction between people
   + Knowledge development
   + Enjoyment
   + Makes adults feel less isolated
   + Increased confidence in social settings
   + Improving care home services
   + Improving health and well-being
   + Provided an opportunity to get out of the house/ out of their accommodation

5. Were your residents interested in the topic today?
   □ Yes  □ No  □ Don’t know/Not sure

6. Did the objects and images provide enough stimulus/ interest?
   □ Too little  □ Just right  □ Too much

7. Are there any other resources that could have improved the topic today?

8. Any other comments?

Thank you
Questionnaire for family members

Your family member has recently taken part in reminiscence sessions discussing the topics:

Please could you take a few minutes to let us know if you have noticed any benefit from attending these sessions.

1. Have you noticed them talking more about these topics?
   ☐ Yes  ☐ No  ☐ Don’t know/Not sure

2. Do they seem more eager to share their memories?
   ☐ Yes  ☐ No  ☐ Don’t know/Not sure

3. Have you noticed any improvement in memory recall?
   ☐ Yes  ☐ No  ☐ Don’t know/Not sure

4. Have they shown an interest in researching the topic further? Including looking at old photos, finding old objects, talking to other people?
   ☐ Yes  ☐ No  ☐ Don’t know/Not sure

5. Do they seem keen to take part in more reminiscence sessions?
   ☐ Yes  ☐ No  ☐ Don’t know/Not sure

6. Have you any further comments?

.......................................................................................................................... ... ..........................................................................................................................

.......................................................................................................................... ... ..........................................................................................................................

7. If you wouldn’t mind being contacted regarding your answers to these questions, please write your contact details on the back of this paper.

Thank you for finding time to complete this evaluation.

Please return to
# Questions bank- Reminiscence Evaluation

Please use these questions to make your data collection methods more suited to your needs. Think about what kind of responses (data) you are hoping to receive.

## Knowledge and Understanding:

<table>
<thead>
<tr>
<th>Statements used to elicit a yes, no or don’t know response</th>
</tr>
</thead>
<tbody>
<tr>
<td>• I felt that I learnt some new information</td>
</tr>
<tr>
<td>• I have developed an increased interest in something I knew little about before coming here</td>
</tr>
<tr>
<td>• I have gained knowledge that I can use or have used in other areas of my life as a result of my visit(s) here</td>
</tr>
<tr>
<td>• I have gained a better understanding of other peoples’ ideas/experiences</td>
</tr>
<tr>
<td>• I have learnt new things about myself and my family’s history</td>
</tr>
<tr>
<td>• I understand better the community I live in</td>
</tr>
<tr>
<td>• I discovered some interesting things from the visit today</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Open questions</th>
</tr>
</thead>
<tbody>
<tr>
<td>• What was your favourite discovery today?</td>
</tr>
<tr>
<td>• What was most unexpected? Funny? Interesting?</td>
</tr>
<tr>
<td>• What have you learnt today?</td>
</tr>
</tbody>
</table>

## Attitudes and Values:

<table>
<thead>
<tr>
<th>Statements requiring a yes or no or don’t know response</th>
</tr>
</thead>
<tbody>
<tr>
<td>• I learnt things that made me change my mind about something</td>
</tr>
<tr>
<td>• I am more confident about what I can do / achieve</td>
</tr>
<tr>
<td>• Today’s visit has given me lots to think about</td>
</tr>
<tr>
<td>• I’ve left the session more interested in the subject/theme than when I came</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Open questions</th>
</tr>
</thead>
<tbody>
<tr>
<td>• What, if anything, did you experience that made you change your mind about something?</td>
</tr>
<tr>
<td>• Is there anything you feel more strongly or less strongly about since your visit? What?</td>
</tr>
<tr>
<td>• What did you value most about this session today?</td>
</tr>
</tbody>
</table>

## Enjoyment, Inspiration and Creativity:

<table>
<thead>
<tr>
<th>Statements requiring a yes or no or don’t know response</th>
</tr>
</thead>
<tbody>
<tr>
<td>• I was interested in what I saw and did</td>
</tr>
<tr>
<td>• I found my visit inspiring</td>
</tr>
<tr>
<td>• I was excited by what I saw and / or what I did</td>
</tr>
<tr>
<td>• My feelings and emotions were engaged</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>• What did you particularly enjoy today? Or find inspirational?</td>
</tr>
<tr>
<td>• What do you think you’ve gained and can gain from a Reminiscence Group?</td>
</tr>
</tbody>
</table>

Please can you complete any of the following sentences you feel apply to you: I was

- Surprised by...
- Most interested in...
- Inspired by...
- Disappointed by...
- Bored by...
- Most enthusiastic about...

Please use these questions to make your data collection methods more suited to your needs. Think about what kind of responses (data) you are hoping to receive.
## Action, Behaviour and Progression:

<table>
<thead>
<tr>
<th>Statements requiring a yes, no or don’t know response</th>
</tr>
</thead>
<tbody>
<tr>
<td>• I have developed a new interest during my visit(s) here</td>
</tr>
<tr>
<td>• I can use the knowledge I learnt here in other areas of my life</td>
</tr>
<tr>
<td>• I am planning to join a special interest group as a result of my experience here</td>
</tr>
<tr>
<td>• I achieved my intentions</td>
</tr>
<tr>
<td>• I intend to come again</td>
</tr>
<tr>
<td>• Visiting has given me lots of ideas for things I could do</td>
</tr>
<tr>
<td>• The visit has made me want to find out more</td>
</tr>
</tbody>
</table>

<table>
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<tbody>
<tr>
<td>• What difference do you think visiting/taking part has made to you?</td>
</tr>
<tr>
<td>• Please describe anything that is new or different that you are likely to do in the future as a result of your visit here today?</td>
</tr>
<tr>
<td>• Will you talk or think [or have you already talked, thought] about this visit again - about the feelings or issues that it raised for you?</td>
</tr>
<tr>
<td>• Will this visit change the way you think or behave in the future?</td>
</tr>
<tr>
<td>• Why did you come here today?</td>
</tr>
<tr>
<td>• What things did you expect to be able to do, to see or to find here?</td>
</tr>
</tbody>
</table>

To find out something about a subject; To find out things in general; To participate in an activity or programme; To relax or lose myself; To get inspiration for a project; To have fun; To spend time with friends; I’ve been here before and wanted to come back; To find out more about my community or myself / my culture; Other?

## Summary / Wrap-up questions:

<table>
<thead>
<tr>
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</tr>
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<tbody>
<tr>
<td>• What is the single most important thing that you will remember about your experience here today?</td>
</tr>
<tr>
<td>• If you could choose one or two of the most significant outcomes or conclusions for you from this session what would those be?</td>
</tr>
<tr>
<td>• If you could choose just one thing what would you say was the most important benefit to you today?</td>
</tr>
<tr>
<td>• If a friend asked you why people should participate in reminiscence sessions what would you say?</td>
</tr>
</tbody>
</table>